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UPA Front Lines

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University **Physicians' Association**, Inc.



Teresa A. Matherly
VP Information Systems &
Chief Information Officer

Special Heartfelt Recognition

Moments like this are hard.

It is with mixed feelings that we share the following retirement announcement of Teresa A. Matherly, VP Information Systems and Chief Information Officer, effective June 30, 2021.

Since the early 90's, Teresa has served many leadership roles that have attributed to the success of UPA. During her recent years, Teresa oversaw UPA's information systems department which remain instrumental in the organization's medical billing software and leading edge of technology offered by electronic health record vendors.

Teresa is extremely talented with system technicalities and is quick to identify the physician practice systematic needs. Her keen abilities proved that her reputation is widely recognized in the East Tennessee healthcare communities. It is difficult to sum up her achievements and dedicated service to which UPA continues to prosper from her attributions to our organization.

She has held many roles and titles but we fondly call her family.

Please join us as we applaud her for a career, job, challenge, profession, and business well done!

Save the Date!

August 14, 2021

We're so excited about being together again!
But for now, save the date for August 14th
at the Smokies Stadium.

Details are forthcoming



UPA Front Lines

Guys! Pay Attention to Your Health!

June is Men's Health Month, a national health observance that encourages men to think about their health and to encourage them to focus on implementing healthy life-style choices. With that in mind, let me urge all men to take their health seriously.

In my years of practice, I can attest to two things, 1) most men avoid going to the doctor until there seems to be something seriously wrong with them and 2) women live on the average about five years longer than men. In fact, according to the CDC, life expectancy at birth for 2017 in the United States for the total population (all races and origins) was 78.6 years (male 76.1 years and females 81.1 years) *. In addition, according to the CDC in 2017, the top ten leading causes of death among all men of all races and origins, in the U.S. were heart disease, cancer, unintentional injuries, chronic lower respiratory disease, stroke, diabetes, Alzheimer's disease, suicide, Influenza and pneumonia, and chronic liver disease. **

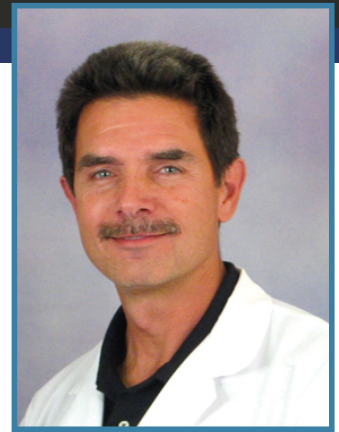
However, the news is not all bad. With a few lifestyle changes, you can lower your risk of these diseases. Here is what I suggest:

- Watch your vices. Do not smoke or vape and limit your amount of alcohol to two drinks a day. Too much alcohol can increase your risks for certain cancers and raise your blood pressure, putting you at higher risk for heart attack or stroke, as well as liver disease. In addition, too much alcohol can put you at unnecessary risks for emotional and physical harm.
- Eat a healthy diet and get to and strive to attain a healthy weight. Eat vegetables, fruits, whole grains, high-fiber foods, and lean sources of protein. Avoid foods high in saturated and trans fats, and foods with added sugar and sodium. Keeping the excess weight off can lower your risk of heart disease and cancer.
- Exercise to help control your weight and stress.
- See your doctor on a regular basis.

Whether it is managing issues such as high cholesterol or high blood pressure, or providing preventive care such as screenings and vaccinations, your doctor can be your best advocate for helping you to become and stay healthy.

* National Vital Statistics Reports, United States Life Tables, 2017. Elizabeth Arias, Ph.D., and Jiaquan Xu, M.D., Division of Vital Statistics. Volume 68, Number 7, June 24, 2019.

- ** Leading Causes of Death - Males - All races and origins - United States, 2017. Health Equity. <https://www.cdc.gov/healthequity/lcod/men/2017/all-races-origins/index.htm>



Submitted by Daniel L. Cox, MD
Lakemoor Family Physicians

Daniel Cox, MD graduated from medical school at East Tennessee State University and completed his residency at North Carolina Baptist Hospital. He was a founding board member in 1995 for UPA and has faithfully served as a board member for 25 years. Dr. Cox is board certified in family medicine.

Your Credentials Exposed to the World

Just this week I have had at least two reminders on how our lives can be impacted by a single word, the password. The first reminder was a family member's Amazon account was comprised and products were ordered. The second was a news article about a file uploaded to the Internet consisting of 8.4 billion email addresses and passwords. UPA's security awareness training focuses on creating good "pass-phrases" (or good passwords for older systems) to protect our accounts from being accessed by a malicious actor that attempts to guess our secret phrase, but it does not protect when they have your actual password.

Enter the data breach

Countless websites and businesses have been the victim of the dreaded data breach. Sometimes they lose internal proprietary information and sometimes they lose customer data such as email addresses and passwords. When customer data is leaked to the internet, it gives cybercriminals a huge database of usernames and passwords to use against you. This can lead to stolen identity, scams, financial and reputation loss.

Be proactive with your data

Use the following tips to take steps on protecting your accounts.

- On personal devices and computers, use a password manager like 1Password or LastPass.
- Use a unique password/passphrase for every website and app account.
- Turn on multi-factor or two-step authentication on every supported website and app account.
- Watch your accounts. Check to see if your accounts have been leaked in a breach.

Only use trusted websites such as:

- "have I been pwned?" <https://haveibeenpwned.com/>
- Firefox Monitor <https://monitor.firefox.com/>
- Cybernews data check <https://cybernews.com/personal-data-leak-check/>
- Cybernews password check <https://cybernews.com/password-leak-check/>



Submitted by Eric Duncan,
Director Information Systems, UPA

If you have any questions about cybersecurity or privacy, ask the UPA Cyber Team @ upacyberteam@utmck.edu

UPA Front Lines

PARTNERSHIP ACCOUNTABILITY INTEGRITY EXPERTISE VERSATILITY

FOUNDATION

Physician Established Since 1995
Physician Trusted. Physician Owned.

MISSION

It's what we want.

To offer the medical community seamless, knowledge-based solutions by providing services customized to a client's specific need.

VISION

It's what we have.

To extend our passion by helping clients through creating new partnerships within the medical community.

SOLUTIONS

It's what we do.

Being physician-owned, we understand the administrative pressures that can interfere with patient care. Partnering with UPA provides relief in a variety of services. We offer a flexible plan that allows you the freedom to choose the appropriate services that best empower your practice, ultimately enhancing your revenue cycle.

FAMILY

It's what we're called.



PHYSICIAN OWNED. PHYSICIAN TRUSTED.

PARTNERSHIP

- UPA is governed by 19 elected physician Board of Directors that oversee the organization alongside a skilled panel of Senior Leaders for its daily operations that cater to the clinical office.
- UPA offers the physician practice a seamless, knowledge-based approach by providing reliable services customized to meet unique needs and challenges.
- UPA partners with the clinical practice through trustworthy expertise, reliability and experience.
- UPA empowers the practice to navigate through the turbulent changes of health care with a steady course to advance in any direction that health care may lead.

